

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
NONCREDIT COURSE

(Use this form only for Noncredit courses)

COURSE NUMBER AND TITLE: CNED 206 EXPLORING NORTH COUNTY

MINIMUM NUMBER OF SEMESTER HOURS: 32

SCOPE OF COURSE:

To explore and appreciate the unique character of San Diego through its history, people and cultures with an emphasis on the individual's opportunity to be a vital participant in the community.

SPECIFIC COURSE OBJECTIVES:

The student will:

1. Analyze and appraise contemporary subjects that may affect the individual's specific interests, civic responsibilities and quality of life.
2. Identify issues for further study.
3. Cooperate with the student group and instructor to identify possible guest lecturers.
4. Demonstrate knowledge of important North County historical sites.
5. Evaluate and appreciate the present and historic contributions made by diverse cultures in creating San Diego's character.
6. Recognize a variety of community resources available to attain information related to health, recreation, financial, political, career, retirement issues, etc.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Introduction of local civic and political leaders
- II. Effective lobbying techniques
- III. Health concerns of the older adult
 - A. Lifestyle changes to maximize health
 - B. Improving communication with health care providers
 - C. Options for independent living
 - D. Understanding the health insurance maze
 1. Private insurance
 2. Medicare

- 3. HMOs
 - E. Canine companions as an aid for independence
 - F. Traditional, complementary and alternative health care options
- IV. Contemporary Issues
 - A. Financial investment and retirement planning
 - B. Local, state, national and international politics
 - C. Education
 - D. Economy and stock market
 - E. Ethics
 - F. Bio-ethics
 - G. Election issues
- V. Community resources to the older adult
- VI. Career opportunities
- VII. Volunteerism
- VIII. San Diego County's historical and cultural sites
- IX. Riding the Information Highway - Skills for the New Millennium

MATERIALS REQUIRED:

None

TEXTS RECOMMENDED OR REQUIRED:

Handouts and maps as appropriate.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination

DISTANCE LEARNING:

This course may be offered as a distance learning course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply.

- Television Course (Video one-way, e.g. ITV, video cassette, etc.)
- Online Course (Text one-way, e.g. newspaper, correspondence, electronic file, etc.)
- Two-Way Video Conferencing (Two-way interactive video and audio)

- _____ One-Way Video Conferencing (One-way interactive video and two-way interactive audio)
- _____ Computer Assisted Instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

METHODS OF DETERMINING WHETHER THE STATED OBJECTIVES HAVE BEEN MET BY STUDENTS:

Students will learn about San Diego County, North County in particular, giving them better perspective about where they live. Class may incorporate several field trips in order for students to experience first-hand some of the unique aspects of our area.

CONTACT PERSON: Lee Kerckhove x2154

SIGNATURES ON FILE
